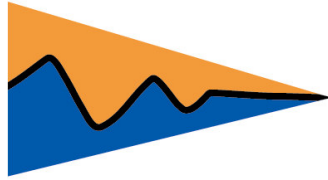


# **CYA 16 and Under Western National Sailing Championships and YOTS (Youth Olympic Training Seminar)**



**August 18-21, 2005  
Wabamun Sailing Club  
Lake Wabamun, Alberta**

## **NOTICE OF RACE**

### **1. RULES**

The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*. The prescriptions of the Canadian Yachting Association will apply.

Any class rule requiring the registration number of a boat to be the sail number of the boat is waived. In the event of duplicate sail numbers, the organizing authority reserves the right to have sail numbers altered. Sail numbers may not be changed except with permission from the race committee prior to racing with the new number.

Modified Appendix P, Immediate Penalties for breaking Rule 42, will apply.

### **2. ADVERTISING**

This will be a category C event.

### **3. ELIGIBILITY AND ENTRY**

The regatta is open to all boats of the Optimist class where the competitors shall be born in the year 1990 or later and the Byte, Laser, Laser Radial, 420 Trainer and 29er class where the competitor shall be born in the year 1989 or later. The 420 Trainer must be built by Alvis, Vanguard, Performance, Abbott or Catalina. Others must be approved by CYA 2 weeks in advance of the event.

Eligible boats may enter by completing the attached registration form(s) along with the CYA Youth Code of Conduct form and sending them, together with the required fee, to the regatta chairperson postmarked no later than August 3<sup>rd</sup>, 2005. Late entries will be accepted only with the additional late entry fee.

### **4. Fleets**

Optimists:

There will be a racing Optimist fleet when five or more racing Optimist boats are registered by 17:00 on Friday August 19<sup>th</sup>, otherwise all Optimists will be sailing in the green Optimist fleet.

Other fleets:

Five or more boats of the same class registered by 17:00 on Friday August 19<sup>th</sup> will constitute a fleet. All other boats will sail in the open fleet and their times will be corrected using the current wind adjusted Portsmouth ratings.

## 5. COURSES

For the racing fleets there will be a trapezoid course with a broad reach finish. The green Optimist fleet will be sailing a windward/leeward course close to the Wabamun Sailing Club.

## 6. SCHEDULE

Wednesday, August 17	18:00 – 21:00	Registration
Thursday, August 18	08:00 – 10:00	Registration
Thursday, August 18	08:00	Coaches' meeting
Thursday, August 18	10:00	YOTS on-water seminar
Thursday, August 18	18:30	YOTS dry land seminar
Friday, August 19	08:00	Coaches' meeting
Friday, August 19	09:00	YOTS on-water seminar
Friday, August 19	15:00	Warning signal for practice Race
Friday, August 19	19:00	YOTS dry land seminar
Friday, August 19	20:00	Competitors' meeting
Friday, August 19	20:30 – 22:00	Registration
Saturday, August 20	08:00 – 10:00	Registration
Saturday, August 20	08:00	RC, Judges' & Coaches' meeting
Saturday, August 20	09:30	Warning signal for first race of the day
Sunday, August 21	08:00	RC, Judges' & Coaches' meeting
Sunday, August 21	09:30	Warning signal for first race of the day

For the Saturday and Sunday coaches' meetings the coaches are encouraged to bring one competitor to the meeting. The location of the meeting will be posted on the official notice board.

Subsequent races will be started as soon as possible after completion of the preceding race. There will be no break for lunch on Sunday August 21.

The last race on Sunday August 21 will not start later than 14:00 hours. This time will be extended to accommodate any timing errors or general recalls.

## 7. SAILING INSTRUCTIONS

The Sailing Instructions will be available upon completion of registration at the Wabamun Sailing Club.

## 8. VENUE

The Wabamun Sailing Club is located 60 km west of Edmonton on Lake Wabamun.

## 9. SCORING

Nine races are scheduled of which one race must be completed to constitute a series.

(a) When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.

(b) When from 5 to 9 races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

## 10. SAFETY

All boats shall have a minimum 5 meter x 7mm diameter painter line that must be attached to their mast when on the water. All competitors are required to wear a DOT approved PFD at all times while afloat. The PFD might be temporarily removed while adjusting clothing. This amends RRS 40.1.

## 11. INSURANCE

Each participant is responsible to ensure that he/she is adequately covered by liability insurance.

## 12. FEES

Single (meals not included)		\$40	
Double (meals not included)		\$60	
Registration and fees received after August 3		\$20	
T-Shirt	Adult Small	\$20	
T-Shirt	Adult Medium	\$20	
T-Shirt	Adult Large	\$20	
<i>T-Shirts must be ordered by August 3</i>			
Full meal package(s) (must be ordered prior to August 12)		\$50	
Weekend meal package(s) (must be ordered prior to August 12)		\$25	
		Total	

The full meal package consists of 4 continental breakfasts, 4 lunches and 3 suppers. The Weekend meal package consists of 2 continental breakfasts, 2 lunches and 1 supper. Special meal requirements must be identified on the registration form.

## 13. AWARDS

CYA medallions will be awarded based on the following numbers of boats per fleet:

2-5 boats	1st place
6-9 boats	1st & 2nd places
10 or more boats	1st, 2nd & 3rd places

Perpetual trophies will be awarded in the Laser, 420 Trainer and Byte fleet. These trophies will remain on display at the CYA office located at the Portsmouth Harbour CYA office. CYA certificates will be awarded to the top five overall participants.

## 14. DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

## 15. AMENDMENTS

Any amendments to this Notice of Race will be posted here no later than July 1st 2005.

## 16. RIGHTS TO USE NAME AND LIKENESS

In participating in an event, a competitor automatically grants to the Organizing Authority and the sponsors of the event, the right in perpetuity, to make, use and show, from time to time and at their discretion, any motion pictures, still pictures and live, taped or film television and other reproductions of him/her during the period of the competition for the said event in which the competitor participates and in all material related to the said event without compensation.

## 17. CONTACTS

Frank Grell	<a href="mailto:fgrell@wabamunsailingclub.ab.ca">fgrell@wabamunsailingclub.ab.ca</a>	Regatta Chairperson	780 468 9478
Peter van Muyden	<a href="mailto:pvanmuyden@wabamunsailingclub.ab.ca">pvanmuyden@wabamunsailingclub.ab.ca</a>	Principal Race Officer	780 963 0214

## Additional Information

(This information does not form part of the Notice of Race)

The YOTS runs on August 18 & 19. Here is the description of YOTS from the CYA website: *"The YOTS program is designed to help young sailors get excited about sailing, whether they become world champions, lifelong racers at their club or club to international level coaches. At YOTS, junior sailors receive expert racing instruction and coaching from Canadian sailing team coaches, Olympic medallists and other sailing heroes. On-water and classroom instruction includes discussions on many topics including sportsmanship, rules, racing tactics and strategies."* Dr. Doug Creelman, a Senior Canadian Judge, who is the Protest Committee chair for the 2005 CYA Western Canadian 16 and under regatta, will be conducting a rules and protest seminar during YOTS.

### **Code of conduct waiver:**

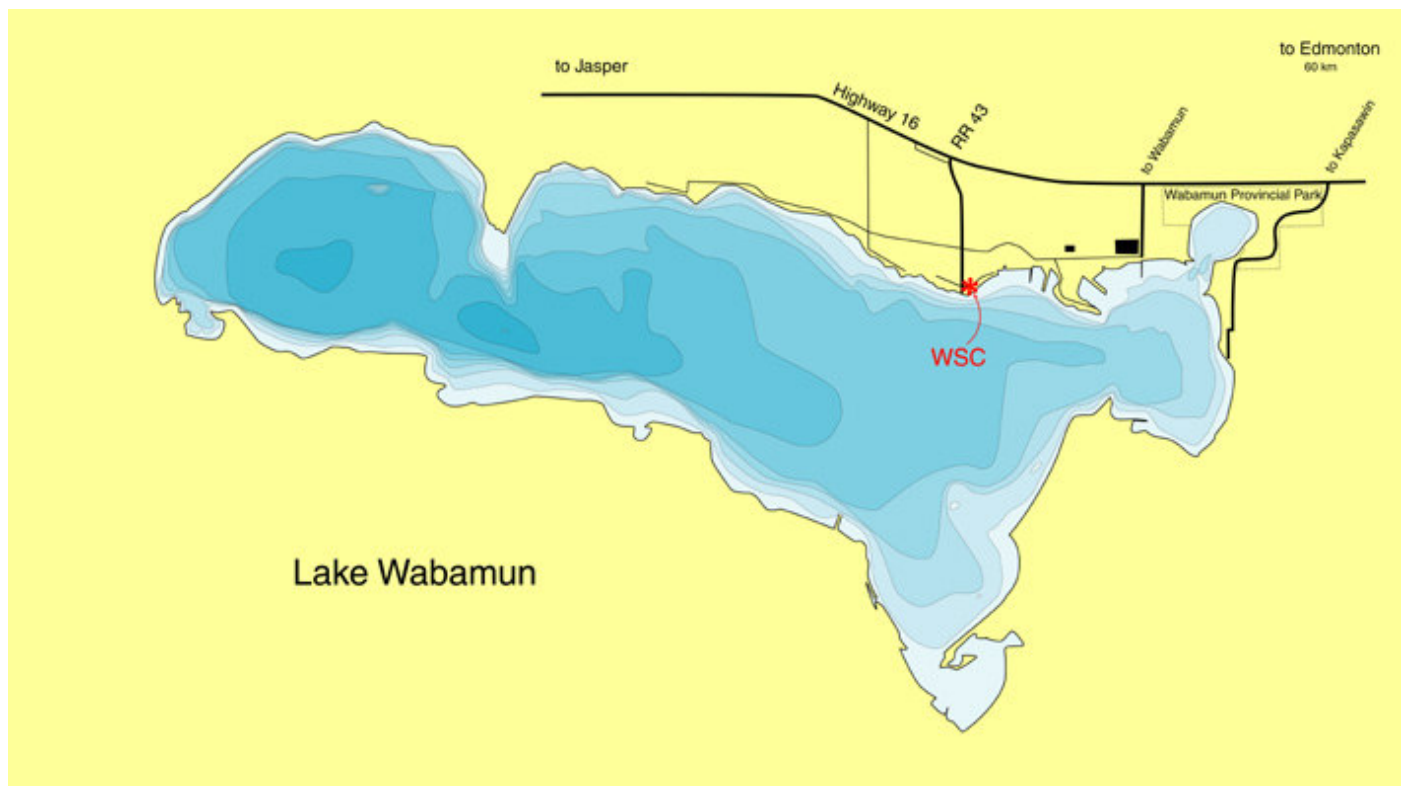
All coaches are required to sign a Coach/Instructor code of conduct waiver.

### **Directions to the Wabamun Sailing Club:**

The Wabamun Sailing Club is located on the north shore of Lake Wabamun, approximately 60 km west of Edmonton and 3.5 km west of the village of Wabamun.

The turnoff from Highway 16 to the club is marked (but watch for it!). Drive south down Range Road 43 to the end of the road. The club and a small park are on the left.

Map to the Wabamun Sailing Club



## **Boat chartering:**

For information about leasing 420 Trainer or Optimist sailboats contact:

John Henderson

Telephone: 780-486-5688

email: [boatsforlease@wabamunsailingclub.ab.ca](mailto:boatsforlease@wabamunsailingclub.ab.ca)

## **Accommodations:**

The Wabamun Sailing Club is a family oriented club with limited room for camping or trailer parking on the club property. The sailing club will be open for the competitors and families on Wednesday afternoon August 17.

Full washroom facilities are available in the clubhouse.

For children there is a playground, a sandy beach and plenty of room to run.

Motel accommodations are within a 5-minute drive from the club at 780-892-2424

The Wabamun Provincial campground is a 10 minute drive from the Club.

Telephone Number: (780) 892-2702 (Reservations)

Additional Hotel and Motel accommodations are available in Stony Plain, a 15 minute drive from the club

### [Ramada Inn & Suites](#)

3301-43 Avenue  
Stony Plain, Alberta  
Canada, T7Z 1L1

Ph: (780)963-0222

### [Stony Convention Inn](#)

4620-48 Street  
Stony Plain, Alberta  
Canada, T7Z 1L4

Ph: (780)963-3444

### [Stony Plain Hotel](#)

5001-50 Street  
Stony Plain, Alberta  
Canada, T7Z 1T3

Ph: (780)963-2545

### [Travelodge Hotel Stony Plain](#)

74 Boulder Boulevard  
Stony Plain, Alberta  
Canada, T7Z 1V7

Ph: (780)963-1161

# **CYA 16 and Under Western National Sailing Championships and YOTS (Youth Olympic Training Seminar)**

Skipper name \_\_\_\_\_ Male/Female Age \_\_\_\_\_

Name of CYA Affiliated Club \_\_\_\_\_

Address \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

Medical Insurance No. \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_

Name of the on-site person responsible for the skipper \_\_\_\_\_

Special health or diet concerns \_\_\_\_\_

Sail Number (one number only) \_\_\_\_\_

Class (check one)

Byte		Optimist		Green Optimist		Laser	
420 Trainer		Laser Radial		29er			

## **Release**

In consideration of acceptance of this entry or my being permitted to take part in this event, I agree to save harmless and keep indemnified the CANADIAN YACHTING ASSOCIATION, the sponsors of the event, the ALBERTA SAILING ASSOCIATION, and the WABAMUN SAILING CLUB, its organizers and their respective agents, officials, servants and representatives from and against all claims, actions, costs, expenses and demands in respect to death, injury, loss or damage to my person or property, howsoever caused arising out of or in connection with my taking part in this event notwithstanding that the same may have contributed to or caused or occasioned by the negligence of the same bodies, or any of them, or their agents, officials, servants or representatives. I further understand and agree that this Release is binding upon myself, my heirs, executors and assigns. I grant the Organizing Authority and the sponsors of the event, the right, in perpetuity, to make, use and show, from time to time and at their discretion, any motion pictures, still pictures and live, taped or film television and other reproductions of him/her during the period of the competition for the said event in which the competitor participates and in all material related to the said event without compensation.

**I also understand that I am responsible for the behaviour of my child and liable for any damages to property caused by him/her and that he/she may be sent home at my expense by the Organizing Committee for unacceptable conduct on or off the water.**

Skipper's Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

# ***CYA 16 and Under Western National Sailing Championships and YOTS (Youth Olympic Training Seminar)***

Crew name \_\_\_\_\_ Male/Female Age \_\_\_\_\_

Name of CYA Affiliated Club \_\_\_\_\_

Address \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

Medical Insurance No. \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_

Name of the on-site person responsible for the crew \_\_\_\_\_

Special health or diet concerns \_\_\_\_\_

## **Release**

In consideration of acceptance of this entry or my being permitted to take part in this event, I agree to save harmless and keep indemnified the CANADIAN YACHTING ASSOCIATION, the sponsors of the event, the ALBERTA SAILING ASSOCIATION, and the WABAMUN SAILING CLUB, its organizers and their respective agents, officials, servants and representatives from and against all claims, actions, costs, expenses and demands in respect to death, injury, loss or damage to my person or property, howsoever caused arising out of or in connection with my taking part in this event notwithstanding that the same may have contributed to or caused or occasioned by the negligence of the same bodies, or any of them, or their agents, officials, servants or representatives. I further understand and agree that this Release is binding upon myself, my heirs, executors and assigns. I grant the Organizing Authority and the sponsors of the event, the right, in perpetuity, to make, use and show, from time to time and at their discretion, any motion pictures, still pictures and live, taped or film television and other reproductions of him/her during the period of the competition for the said event in which the competitor participates and in all material related to the said event without compensation.

**I also understand that I am responsible for the behaviour of my child and liable for any damages to property caused by him/her and that he/she may be sent home at my expense by the Organizing Committee for unacceptable conduct on or off the water.**

Crew's Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

## CYA Youth Code of Conduct

### Skipper:

I, \_\_\_\_\_, am a youth athlete training and competing in the sport of sailing.

### Crew:

I, \_\_\_\_\_, am a youth athlete training and competing in the sport of sailing.

I understand that while competing, training and participating in the sailing community I must:

- Work towards the attainment of my full potential in the lifelong sport of sailing.
- Respect fellow sailors, volunteers (parents, race officials...), club staff, ASA/WSC/CYA staff and coaches.
- Be gracious in victory and defeat, be co-operative, sportsmanlike and always remain a team player. I will remember that my actions on and off the water reflect not only on me but my sailing organization as well.
- Regard the Racing Rules as a form of agreement. The Rules represent the spirit or letter which I shall not evade or break.
- Treat all clubs, public areas, accommodation facilities, as well as other people's property as my own. I understand that any wilful destruction of property or theft is not permitted. Full payment will be required for any destruction.
- Not get involved in any act considered to be an offence under federal, provincial or local laws.
- Neither possess or use any prohibited drugs, alcohol, cigarettes or non-medicinal drugs while attending a CYA sponsored event and/or an event run by my club or provincial sailing team.
- Become aware of what "anti-doping" is all about, and ensure that I triple check to make sure any medications/prescribed drugs/nutritional supplements I take are not considered banned/restricted substances. (Note- you can check this all out via [www.cces.ca](http://www.cces.ca))
- Enjoy the sport!

I understand that any disciplinary problems which arise shall be investigated by the regatta jury, and/or CYA personnel on site. If it is decided that individuals are not adhering to the above guidelines, the following actions may be pursued;

- a) Termination of individual's participation in the given event.
- b) Removal of individual's right to compete in future related events,
- c) Withdrawal of funding for future CYA and/or PSA/Club events/teams
- d) Individual may be subjected to further discipline by CYA and/or club/PSA.

Skipper's Signature \_\_\_\_\_ Date \_\_\_\_\_

Crew's Signature \_\_\_\_\_ Date \_\_\_\_\_

REMEMBER...

"You haven't won the race if in winning the race; you have lost the respect of your competitors." (Paul Elvstöm)

**Forward the completed signed registration form(s), the signed CYA Youth Code of Conduct form and cheque payable to the Wabamun Sailing Club by August 3 2005 to:**

**Frank Grell** [fgrell@wabamunsailingclub.ab.ca](mailto:fgrell@wabamunsailingclub.ab.ca)

9324 – 93 Street  
Edmonton  
Alberta  
T6C 3T8